



20 9:00

8:15 8:30 8:30 10:00

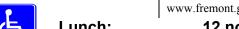
Fremont Multi-Service Senior Center

40086 Paseo Padre Parkway (at Lake

Elizabeth)

Fremont, CA 94538 790-6600 • 494-4539 (T.T.Y.) •

www.fremont.gov





Lunch: 12 noon (daily) Information Line: 790-6610 (Menu & Activities)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | | 1 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30- 2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 1:00 Dining Room Setup Volunteer Tea 3:00 Volunteer Appreciation Tea 7:00 Woodcarvers | 2 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4) | 3 9:30-3 Washington on Wheels 8:15-12 AARP Driver Safety Class (must register, fee) 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 12:30 Bay Strings Practice 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi |
| 6 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Adv Spanish (fee) 6-8:30 Caregivers Support | 7 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors—Com.C. 11:00 Fremont Paratransit Info & Registration 12:00 Holiday Paella Lunch 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv) | 8 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events: Area Agency on Aging "Focus Group on Housing" public is invited 1-5 Afghan Women 1:00 Mah Jongg 1:30 NARFE Board Meet. at Boathouse 1:30 Afghan Women 7:00 Woodcarvers | 9 Jackson Casino Trip & Culinary Academy & Holiday Lights in SF 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10–3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4) | 8:15-12 AARP Driver Safety Class (must register, fee) 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by The Senior Center Singers & Mission San Jose High School Choir 1:30 Needlecrafts 3:00 Tai Chi 3:30 Russian Club |
| 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles East Bay Paratransit Coupon Exchange & Fares Information 1-4 Footcare-Tri-City-appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) | 14 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors—Com.C. 10:30 Indo-American Seniors 11:00 Fremont Paratransit Info & Registration 1:00 Speaker: Gene Osofsky, Atty, Living Trusts 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv) | 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 3:00 Yoga with May Chen 7:00 Woodcarvers | 16 Culinary Academy & Holiday Lights in SF 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4) | 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10:00 Bridge 12:30 Bay Strings Practice 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi |

Grandparents & Grandchildrens Breakfast with Prince of Peace Hand Bell Choir & Santa Clause Tai Chi Walkers Quilters Bingo! Harmonica (Carlton Plaza) Beg Spanish Games Healthy Lifestyles Painting Class Interm Spanish Adv Spanish (fee) 21 22 23 24

Senior Center is closed for Holiday Break & will reopen on Monday, January 3, 2005







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